

# MISSOURI DEPARTMENT OF MENTAL HEALTH

## At a Glance

**M**ore than 170,000 Missourians are served by the Missouri Department of Mental Health through programs that recognize the dignity of the individual, their families, and their communities.

- The Division of Comprehensive Psychiatric Services (CPS) helps people who suffer from mental illnesses.
- The Division of Mental Retardation and Developmental Disabilities (MRDD) helps people who have long-term delays or disabilities in physical or mental development.
- The Division of Alcohol and Drug Abuse (ADA) helps people with substance-abuse and compulsive-gambling problems.

*The department is dedicated to combating stigma associated with mental illness, developmental disabilities, and substance addiction.*

Missourians must know that:

*Mental illness is a treatable disease;*

*Persons with substance-abuse or compulsive-gambling problems can triumph over their addictions;*

*Persons with developmental disabilities can be productive employees and good neighbors in our communities.*

## The Operating Divisions

### *The Division of Comprehensive Psychiatric Services*

**O**ne in four families in Missouri is affected by mental illness. While many persons with mental illnesses seek and obtain treatment from private health-care providers, more than 70,000 people each year turn to the Department of Mental Health's Division of Comprehensive Psychiatric Services.

t Schizophrenia and depression are two of the most common forms of mental illness.

t The causes of mental illnesses vary: physical changes in the brain, genetic factors present since birth, or outside factors.

t Most mental illnesses can be treated successfully and the individuals treated returned to productive lives.

t In recent years, the focus of services has shifted from large institutions to community-based programs.

The goals of the division follow:

*Accessible community-based services,*

*Quality residential services,*

*Available and affordable housing,*

*Family-focused children's services.*

t The division operates 10 facilities, oversees one program for sexually violent individuals committed by the courts, supports 25 administrative agents, and contracts with more than 600 community residential facilities.

### *The Division of Mental Retardation and Developmental Disabilities*

**A** developmental disability is a long-term condition, occurring before age 22, that delays/limits mental or physical development and interferes with basic life activities.

t An estimated 35,000 Missourians with such developmental disabilities as mental retardation, cerebral palsy, and autism receive services from the division each year.

t Many of these individuals, because of their disabilities, face barriers to the basic opportunities of education, employment, and community life.

t The Division of MRDD is committed to helping people with developmental disabilities live as independently and productively as possible in a safe and healthy environment.

Services can include the following:

*Therapy - occupational, physical, speech and behavioral therapy;*

*Family Support - respite care, counseling, home support services, parent training, and early intervention for infants and toddlers.*

*Training - programs are designed to help each individual reach their potential.*

*Residential Services - services may include specialized housing.*

t Eleven regional centers serve as entry points into the MRDD system.

t Six habilitation centers provide specialized residential services.

### *The Division of Alcohol and Drug Abuse*

**A**n estimated 462,000 Missouri adults over age 18 need alcohol or drug abuse, treatment, and 39,000 adolescents ages 12-17 need intervention or treatment. A network of division-funded programs provides substance abuse services to approximately 70,000 persons each year.

t Alcohol and nicotine are the most commonly abused substances.

t Other abused substances include prescription and over-the-counter medicines as well as illicit drugs, such as cocaine and marijuana.

Treatment services include:

*Detoxification*

*Residential rehabilitation*

*Outpatient rehabilitation*

*Compulsive gambling treatment*

*CSTAR - Comprehensive Substance Treatment and Rehabilitation Programs offer a flexible combination of clinical services and living arrangements that are individually tailored for each client.*

Prevention Programs include:  
*Community 2000 - Approximately 200 Missouri communities are working to combat drug abuse on the local level.*

*Missouri Spirit - a comprehensive, evidence-based, school-based prevention initiative.*